

Unintentional Injury

Disease Information Packets – Slide Sets

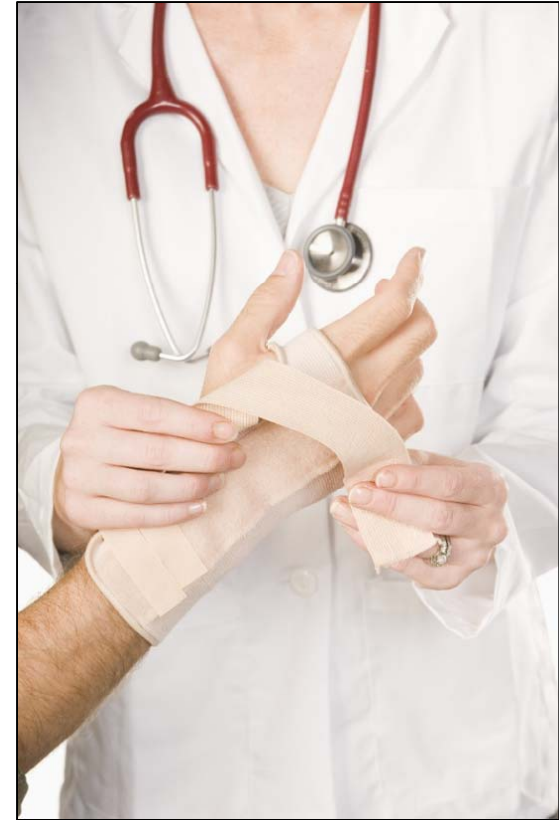


Public Health Services,
Community Health Statistics

12/2012

What is Unintentional Injury?

- Unintentional injuries are injuries that are not caused on purpose and are free from harmful intent.
- Most unintentional injuries are related to:
 - Falls, poisonings/overdoses, motor vehicle crashes, struck by/against events, fires/burns, cuts/piercing, drowning/submersion, and overexertion.
- Unintentional injury is the 5th leading cause of death in the U.S.



Demographic Risk Factors

- **Age**
 - Those aged 65 years and older have the highest unintentional injury death and hospitalization rates compared to any other age group.
- **Ethnicity/race**
 - American Indians/Alaska Natives are more likely to die from unintentional injury compared to any other racial or ethnic group.
- **Gender**
 - Males are twice as likely to die from unintentional injury compared to females.
- **Socioeconomic status**
 - Those at a lower socioeconomic status may be at increased risk for unintentional injury.

Behavioral Risk Factors

- **Alcohol and drug abuse**

- Alcohol use can lead to impaired brain function resulting in poor judgment, reduced reaction time, and loss of balance and motor skills, increasing the risk of unintentional injury.
- 1 in every 3 traffic-related deaths involves a drunk driver.
- In 2010, alcohol-impaired drivers were involved in over 10,000 traffic-related deaths.
- Drugs are involved in 18% of motor vehicle driver deaths.

Sources: - Centers for Disease Control and Prevention. Alcohol and Public Health. Frequently Asked Questions. - Dept of Transportation (US), National Highway Traffic Safety Administration (NHTSA). Traffic Safety Facts 2010: Alcohol-Impaired Driving. Washington (DC): NHTSA; 2012.- Jones RK, Shinar D, Walsh JM. State of knowledge of drug-impaired driving. Dept of Transportation (US), National Highway Traffic Safety Administration (NHTSA); 2003. Report DOT HS 809 642.

Social and Behavioral Risk Factors

- **Lack of physical activity**
 - Lack of physical activity can lead to weak legs and decreased balance, which can increase the risk of falls for older adults.
 - Weakened muscles from lack of physical activity can increase the risk of various mechanisms of unintentional injury (i.e., overexertion, falls).



National Statistics

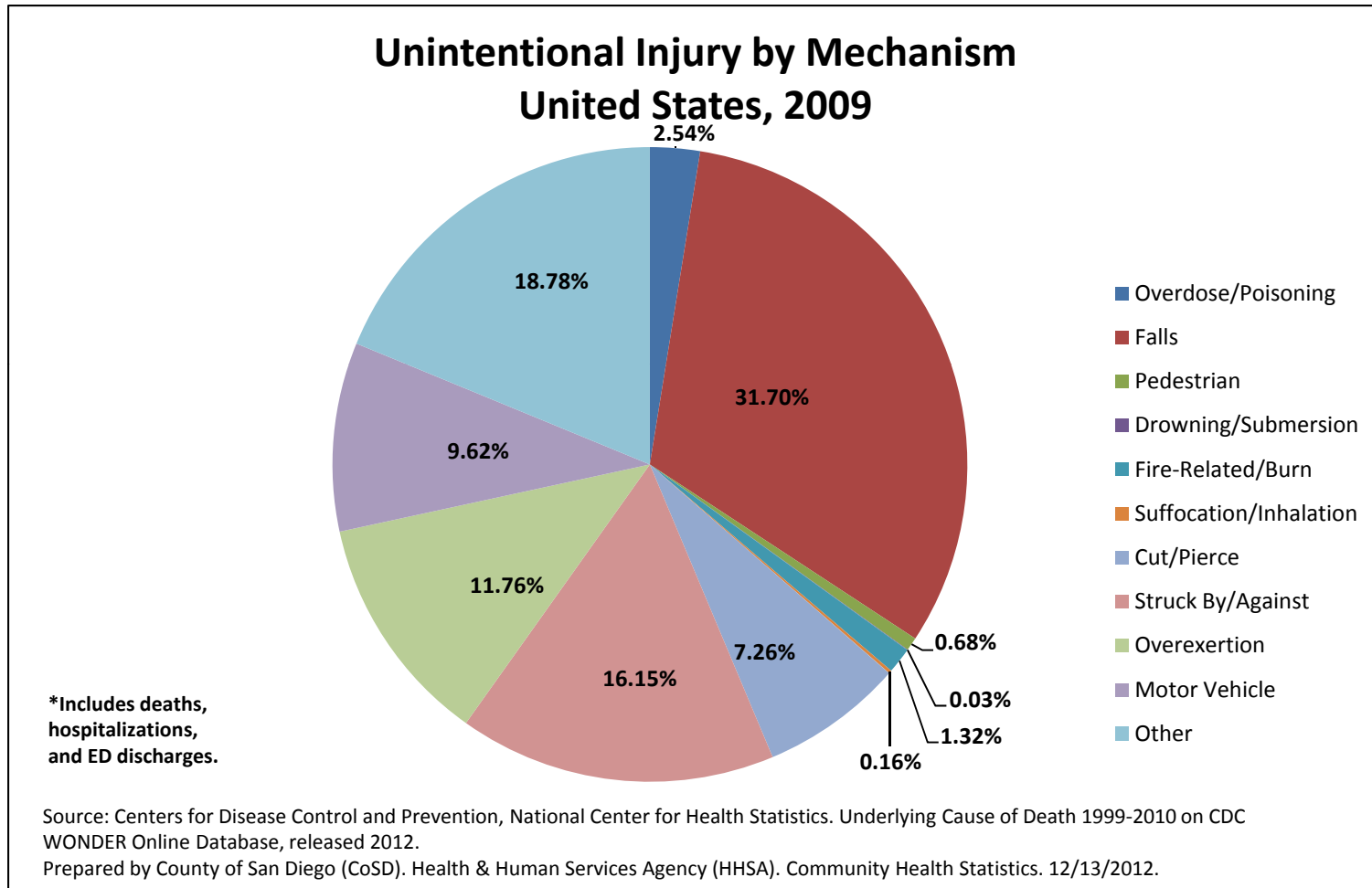
- Unintentional is the leading cause of death for people aged 1-44.
- It is the 5th leading cause of death for all ages.
- In 2010, unintentional injury resulted in an estimated 120,000 deaths, 1.7 million hospitalizations, and 26 million ED discharges.

Top 10 Leading Causes of Death in the United States, 2009

1. Heart Disease
2. Cancer
3. Respiratory Disease
4. Cerebrovascular Disease (Stroke)
5. **Unintentional Injuries**
6. Alzheimer' Disease
7. Diabetes
8. Influenza and Pneumonia
9. Nephritis
10. Suicide

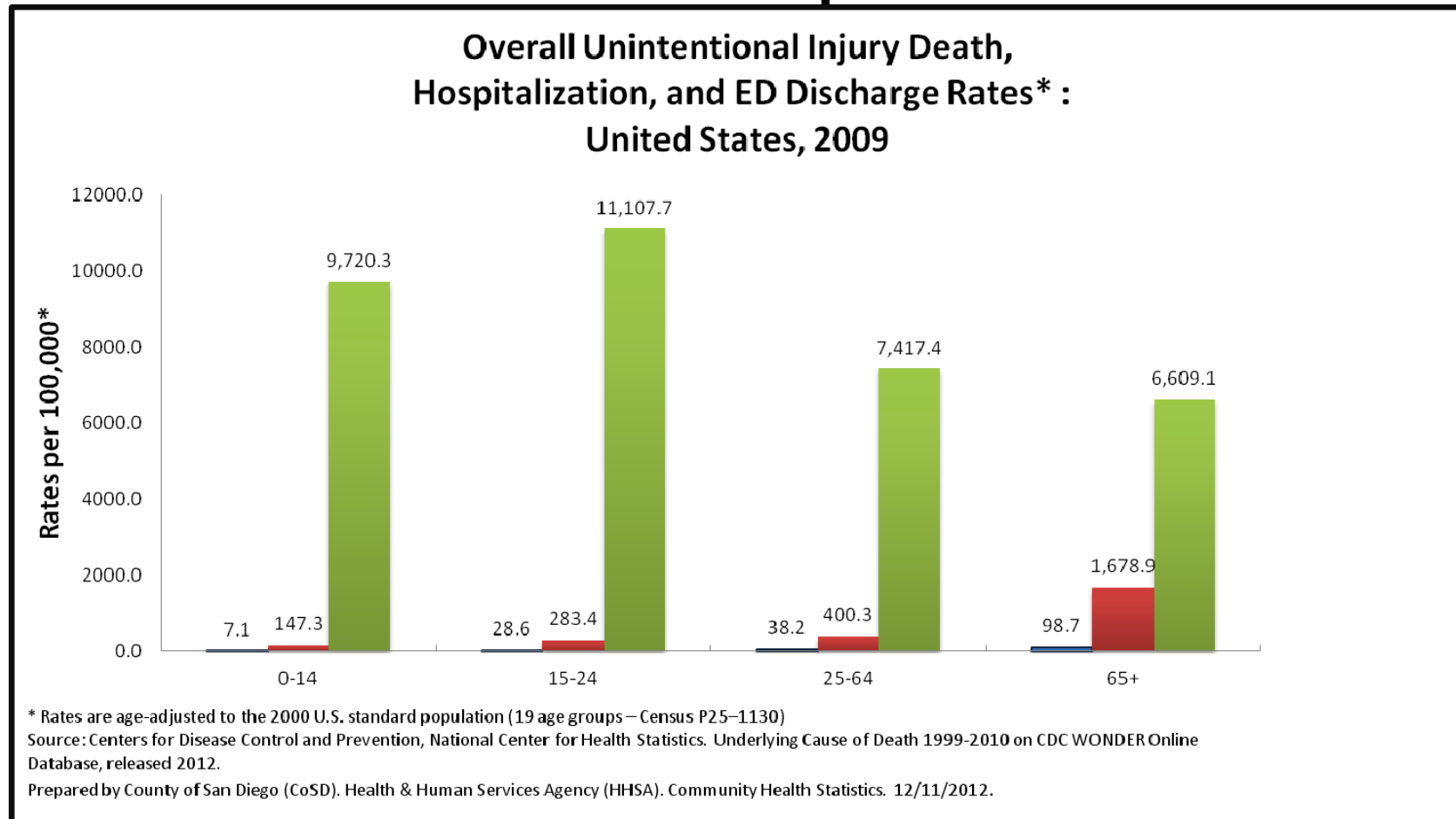
Source: Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System. Ten Leading Causes of Death and Injury. - Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. WISQARS Nonfatal Injury Reports.

National Statistics



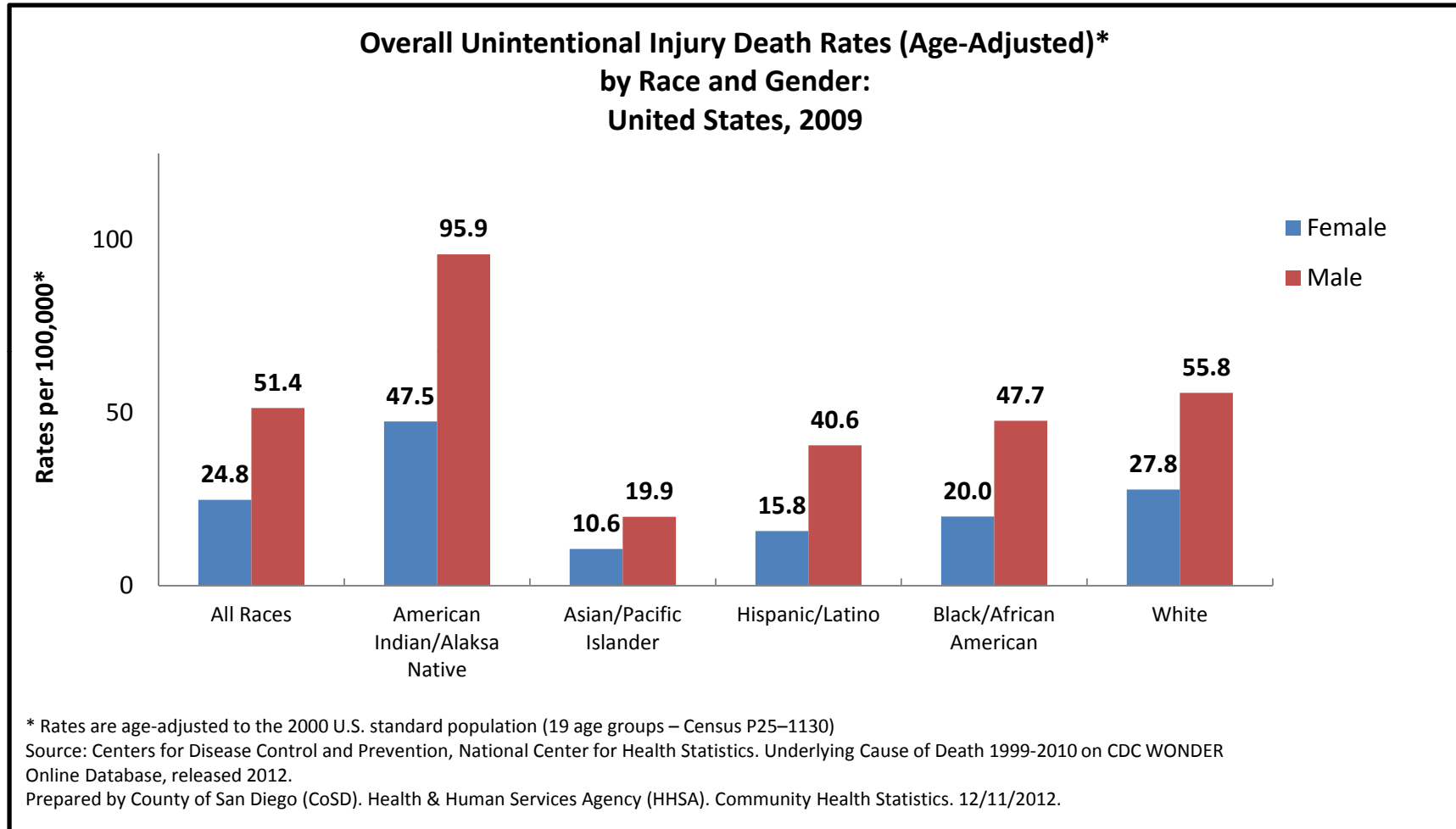
- Falls were the most common cause of unintentional injury, followed by struck by/against injuries, overexertion, and motor vehicle-related injuries in 2009.

National Disparities



- Those aged 65 years and older are more likely to die or be hospitalized due to unintentional injury than any other age group.

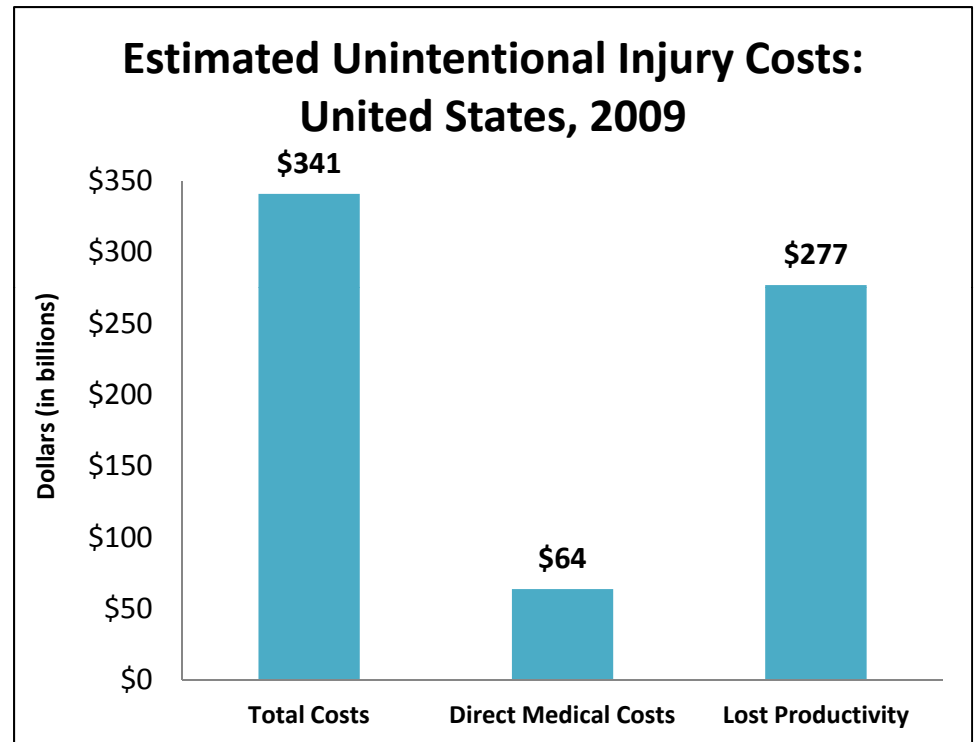
National Disparities



- American Indians/Alaska Natives had the highest age-adjusted death rate for unintentional injury, whereas Asians/Pacific Islanders had the lowest in 2009.

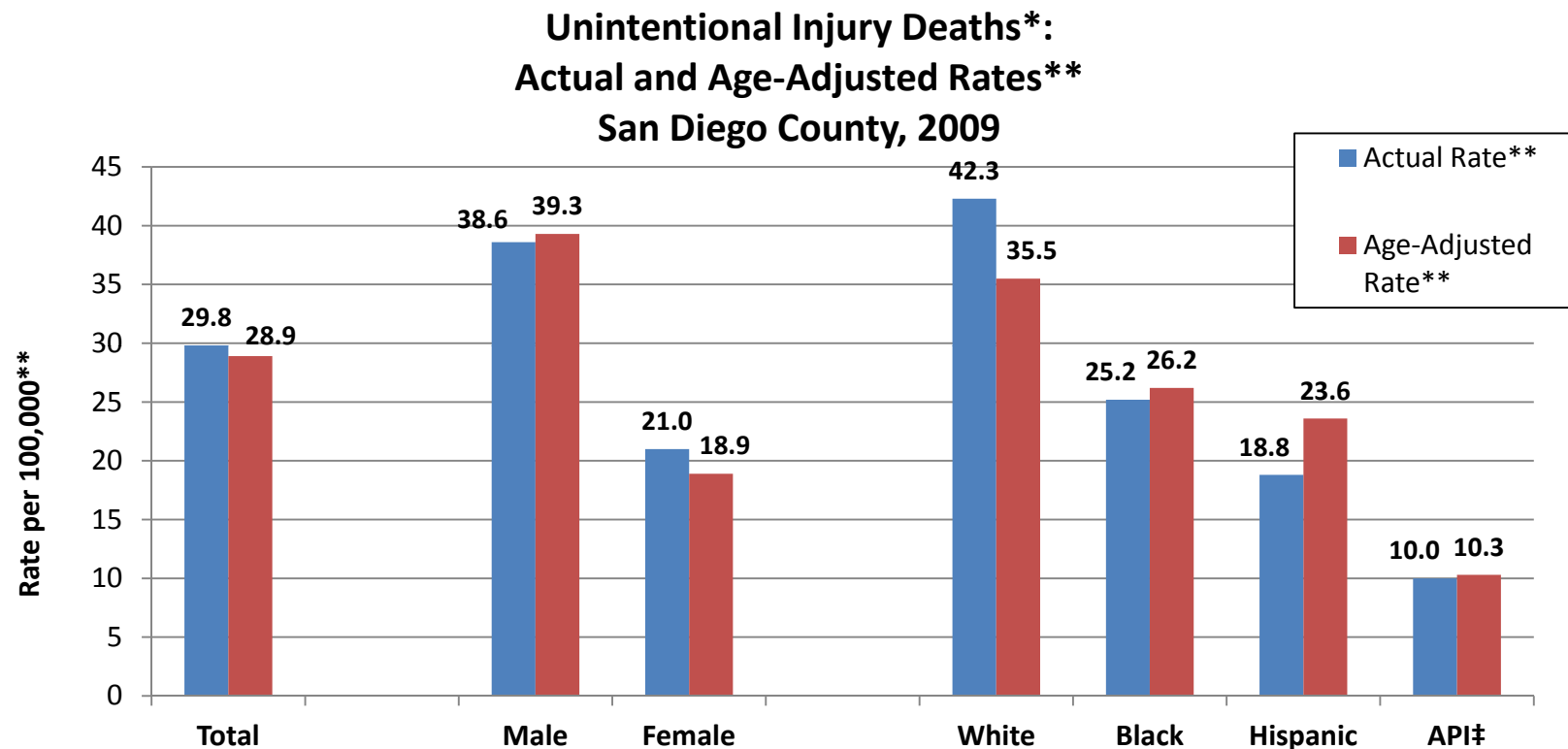
Costs

- In 2009, unintentional injury cost the United States an estimated \$341.1 billion:
 - \$63.9 billion in direct medical costs
 - \$277.1 billion in lost productivity



Source: Centers for Disease Control and Prevention. Data & Statistics (WISQARS). "Cost of Injury Module."

Local Disparities



*All unintentional injury death refers to (underlying cause of death) ICD-10 codes V01-X59, Y85-Y86.

** County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

§ Rates not calculated for fewer than 5 events.

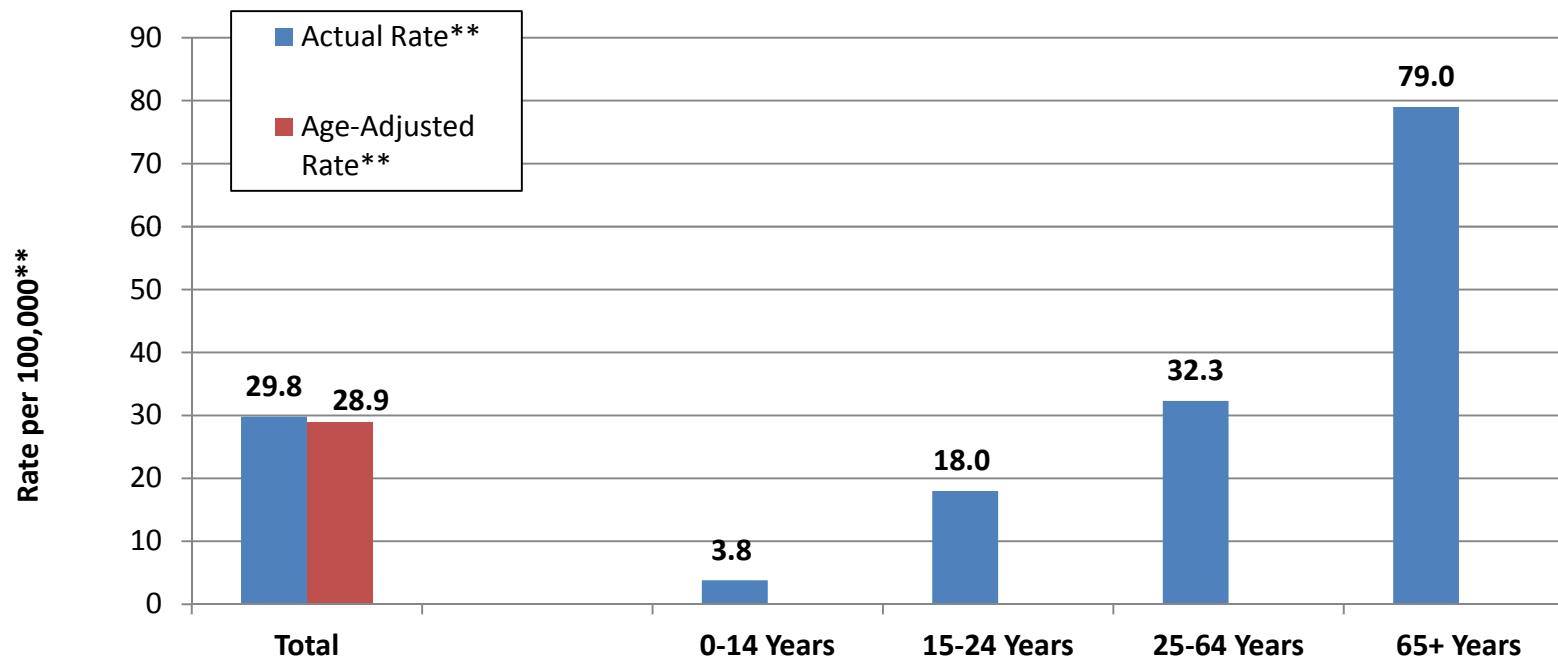
‡ API includes Asian and Pacific Islander.

Source: Death Statistical Master Files (CADPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2010.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 12/19/2012.

Local Disparities

Unintentional Injury Death* Rates by Age Group,
San Diego County, 2009**



*All unintentional injury death refers to (underlying cause of death) ICD-10 codes V01-X59, Y85-Y86.

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§ Rates not calculated for fewer than 5 events.

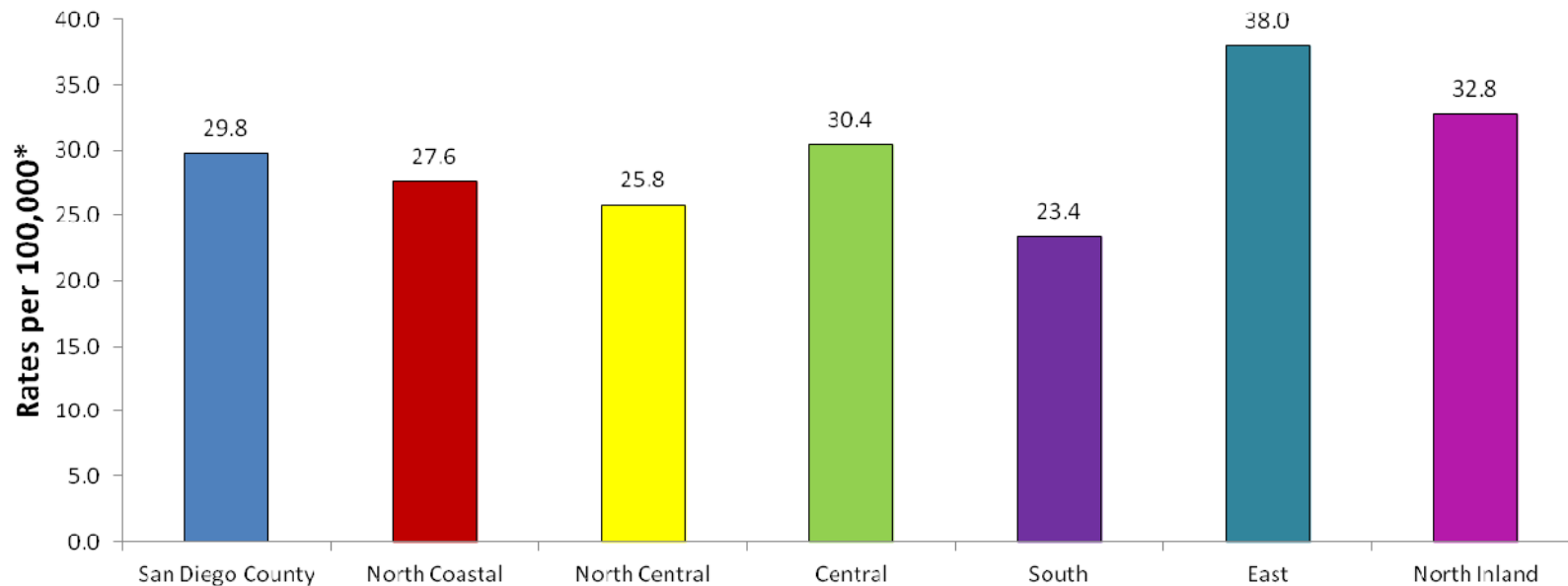
‡ API includes Asian and Pacific Islander.

Source: Death Statistical Master Files (CADPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2010.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 12/19/2012.

Local Disparities

All Unintentional Injury Deaths*: Actual Rates per 100,000
San Diego County Residents, by Region, 2009**



*All unintentional injury death refers to (underlying cause of death) ICD-10 codes V01-X59, Y85-Y86.

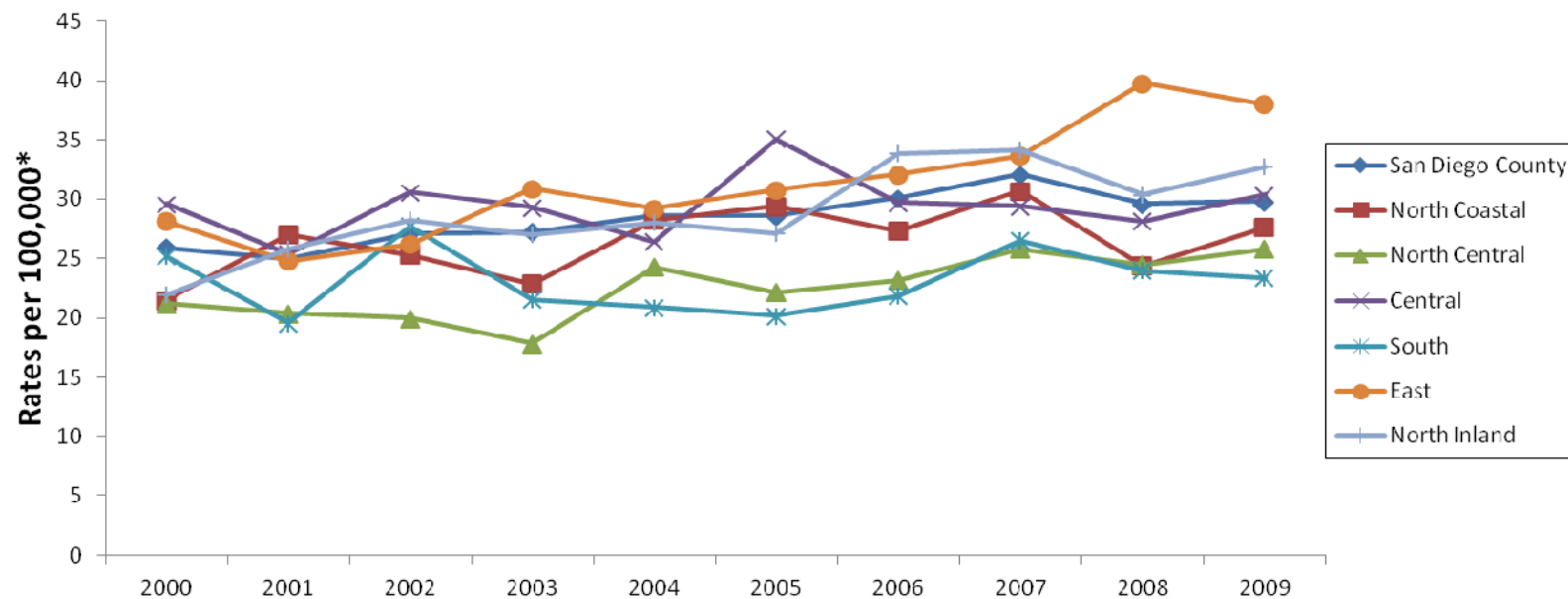
**County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

Source: Death Statistical Master Files (CAPH), CoSD, HHSA, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2010

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 12/11/2012.

Local Disparities

All Unintentional Injury Deaths*: Actual Rates per 100,000
San Diego County Residents, by Region, 2000-2009**



*All unintentional injury death refers to (underlying cause of death) ICD-10 codes V01-X59, Y85-Y86.

**County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

Source: Death Statistical Master Files (CADDPH), CoSD, HHSA, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2010

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics. 12/11/2012.

Prevention Strategies

- Falls
 - For children:
 - Supervising children when at play, installing stair gates, securing furniture to the wall, ensuring that children wear protective gear (i.e., helmets, wrist guards, knee/elbow pads) when playing active sports.
 - For older adults:
 - Exercising regularly, wearing appropriate footwear (flat shoes with non-slip, thin soles), making the home safer by installing grab bars and non-skid mats in bathrooms, improving lighting, keeping frequently used items within easy reach, and removing loose rugs, electrical cords, and clutter in walkways.
- Overdoses/Poisonings
 - Locking medications, cleaning products, pesticides, and other household chemicals in their original containers and keep them out of reach.
 - Never taking medicine in front of children or refer to it as candy.
 - Reading labels on medications to insure proper dosage and avoid drug interactions.
 - Seeking help for substance abuse problems.

Prevention Strategies

- Motor-Vehicle Related Injuries
 - Avoiding drinking and driving.
 - Enforcing seat belt laws and the use of booster seats for children under 4'9" in height.
 - Avoiding distractions while driving, such as talking or texting on cell phones, eating, or playing with the radio.
 - Obeying speed and traffic laws.
 - Enforcing graduated driver's license laws for new drivers.
- Struck By/Against Injuries
 - Wearing appropriate sports-related protective gear when engaged in sports-related activities.
 - Providing children safe places to play.
 - Remaining alert and aware of the surrounding environment.



Prevention Strategies

- Overexertion Injuries
 - Exercising regularly to strengthen muscles.
 - Taking breaks during strenuous activities.
 - Taking a firm stance and lift with your knees, keeping objects close to the body.
 - Avoiding bending, reaching, and twisting when lifting.
 - Getting help to move heavy or large objects.
- Cut/Pierce Injuries
 - Keeping your eyes on your work while cutting.
 - Using caution and wearing personal protective equipment when necessary.
 - Using the right tool for the right job.

Contact Us

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